

AC Resisted Extension Test

Name: Daniel Harris

Age: 35

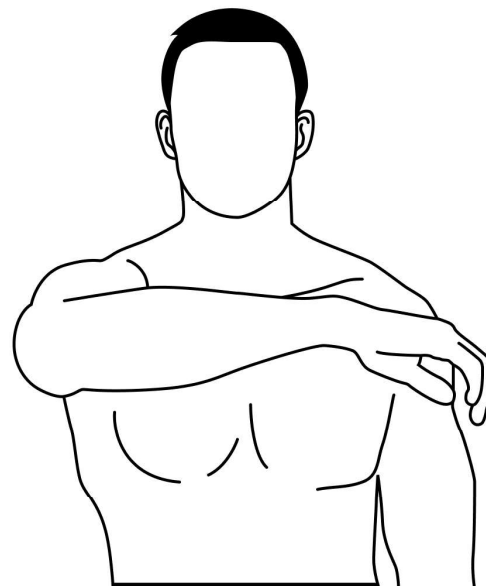
Examiner: Dr. Tara Carter

Date: June 27, 2024

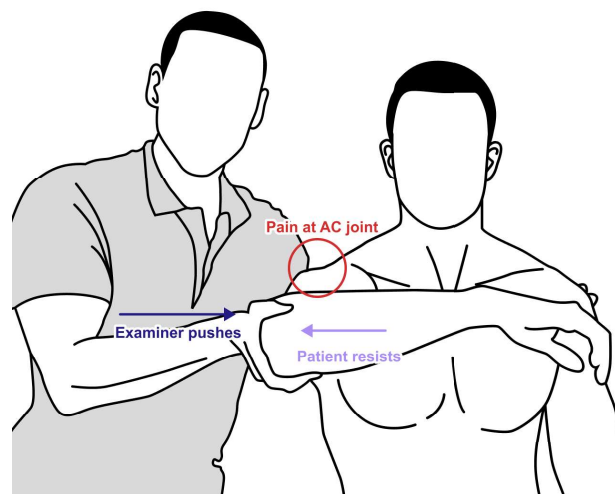
Test procedure

1. The patient is seated.
2. The examiner stands behind the patient.
3. The patient's shoulder is positioned into 90° flexion and internal rotation.

4. The patient's elbow is placed into 90° flexion.



5. The examiner places their hand on the patient's elbow and asks the patient to horizontally abduct the arm against isometric resistance.



6. Observe the patient for pain at the AC joint.

Test results

- Negative:** No pain observed.
- Positive:** Pain observed at the AC joint.

Additional notes

Daniel reported significant pain during the test, indicating a positive result for AC joint pathology. Recommended follow-up imaging (X-ray or MRI) to assess the extent of the injury and to develop an appropriate treatment plan. Advised rest and avoidance of activities that exacerbate the pain until further evaluation.

Healthcare professional's information

Name: Dr. Tara Carter

License number: 1234567

Phone number: 555 123 4567

Email: dr.carter@shoulderclinicemail.com

Name of practice: Shoulder Knees and Toes Clinic